



COWICHAN DOULA

PREGNANCY | BIRTH | POSTPARTUM

COWICHAN POSTPARTUM DOULA CARE AGREEMENT

1. Scope of Services

Postpartum Doula Services Include:

- Emotional and physical support for the birthing person and family.
- Assistance with newborn care, including feeding, diapering, and soothing techniques.
- Light household tasks such as meal prep, laundry, and tidying up.
- Education and guidance on infant care and postpartum recovery.
- Breastfeeding, pumping, and/or bottle-feeding support.
- Overnight support to provide rest for the family, including baby monitoring, feeding, and diaper changes.

Overnight Care: Overnight support includes care between the hours of 8pm-8am. I will remain alert and attentive to the newborn's needs throughout the night, allowing you to rest. Once all tasks are complete and your baby is safely sleeping in their own designated safe sleep space (bassinet or crib), I may take a break by quietly reading or watching a show with one earbud in so that I can still easily respond to your baby.

2. Non-Medical Scope of Care

I am a non-medical support person and **do not provide medical care, diagnose health conditions, or administer medications**. My role as your doula is to offer emotional, physical, and informational support to you during your postpartum period. Any medical questions, concerns, or needs must be directed to your healthcare provider. Should you require resources I am happy to provide contact information for providers in our area.

3. Health Concerns and Communication

If I observe any concerns regarding your **mental or physical health**, or the health of your baby, I will:

1. **Discuss the concern** with the you directly and offer emotional support.

2. If appropriate, **discuss the concern with your partner** or another designated family member or support person, with your consent.
3. **Encourage you** to seek advice or assistance from your healthcare provider (midwife, physician, etc.).
4. If necessary, and with your consent, **contact your care provider** to ensure proper medical support is in place.

I am committed to your well-being as well as your family's and will **not intervene in medical decisions** or provide clinical advice.

4. Schedule and Availability

- You can find my current availability on my website at www.cowichandoula.com/postpartum and scrolling down to find the "Book A Time" button.
- Please let me know as soon as possible by email or text if you require help outside of the times listed on my site so that I can work with you to meet your needs.

5. Responsibilities

- **Health and Wellness:** Notify me as soon as possible if anyone in the household exhibits symptoms of illness (fever, cough, sore throat, stomach upset, etc.) and cancel or reschedule the session accordingly. This is to ensure the well-being of both your family and myself. **I will also notify you as soon as possible if I exhibit any symptoms of illness.*
- **Allergies:** Communicate any allergies or sensitivities in the household, including food, fragrances, or cleaning products, to prevent any adverse reactions during services. **I am anaphylactic to shellfish, pineapple, and mango and am unable to touch surfaces that have been recently used to touch these items. Please ensure to let me know if you have recently had these items so I can keep myself safe.*
- **Feeding Plans:** Provide clear instructions on your baby's feeding preferences, including breastfeeding, bottle-feeding, and any special needs. I am trained and experienced in troubleshooting breastfeeding, bottle feeding, and pumping challenges if you require assistance.
- **Access to the Home:** I require safe access to your home and any necessary entry instructions for overnight care shifts including parking, pet needs, etc.
- **Supplies:** Ensure that necessary supplies (diapers, bottles, cleaning supplies, etc.) are readily available during my time in your home unless you are comfortable with me finding and restocking them. I also require a safe sleeping space for your baby (crib or bassinet).
- **Communication:** Maintain open and clear communication regarding any changes in your family's needs or expectations of care.

6. My Availability for Birth Clients

As a birth doula, I may be called away to attend a birth. In such instances:

- I will notify you as soon as possible if I need to reschedule or end a postpartum shift early due to being called to support a birth client.

- I will make every effort to reschedule the missed time at a mutually convenient time for both you and I.
- If I have to end a shift early, you will only be charged for the hours worked.

7. Fees and Payment

- The fee for daytime postpartum doula services is \$30/hour.
- The fee for overnight support is \$35/hour.
- A minimum of 2 hours per shift is required for daytime care.
- A minimum of 4 hours per shift is required for overnight care.
- Payment is due at booking by credit card or by the start of the scheduled shift if paying by e-transfer or cash.
- Please enter the coupon code "ETRANSFER" or "CASH" at checkout when booking hours to pay via those methods.
- E-transfers can be sent to CowichanDoula@gmail.com OR 778-678-7454.

8. Cancellations and Refunds

- You can cancel your scheduled shift up to 24 hours ahead via the link you were sent when booking and receive a full refund for the hours cancelled.
- If you need to cancel within 24 hours, please contact me directly via email or text/call. The full payment can remain as a credit towards future services or you can choose to get a 75% refund in the method of original payment.
- In the case of illness or an emergency, I will make every effort to reschedule the missed time at a mutually convenient time.
- If I must cancel or end a shift early due to being called to a birth client, no cancellation fees will apply and you will be given a refund of any hours left unserved.

9. Confidentiality

I agree to respect and maintain the confidentiality of your family's personal information, including medical history, birth details, and family dynamics, unless required by law to disclose such information.

10. Limitations of Services

- I do not perform medical tasks or diagnose health conditions. I am not a substitute for your healthcare provider (physician, midwife, etc.).
- I will not provide clinical care, such as administering medications, or make decisions about you or your family's medical care.
- If I feel unsafe continuing to provide in-home support to you and your family, I will let you know immediately and fully refund any payment I received for hours that are unserved.

12. Liability

I will provide services to the best of my ability but cannot be held liable for outcomes related to baby care or postpartum recovery. Caregivers/Parents agree that they retain ultimate responsibility for the care and well-being of their newborn and themselves.

Thank you so much for the opportunity to support you and your family through this transition into early parenthood. If you have any concerns, questions, or comments please let me know!

Kaya Edwards

Owner & Full Spectrum Doula at Cowichan Doula

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